



INGREDIENTS & ALLERGENS

Roast Pork

Ingredients

Pork roast
Potato
Pumpkin
Vegetables
Gravy

Allergens

Lactose
MSG
Sulphites



INGREDIENTS & ALLERGENS

Roast Beef

Ingredients

Beef topside

Potato

Pumpkin

Vegetables

Gravy

Allergens

Lactose

MSG

Sulphites



INGREDIENTS & ALLERGENS

Roast Chicken

Ingredients

Chicken breast

Potato

Pumpkin

Vegetables

Gravy

Allergens

Lactose

MSG

Sulphites



INGREDIENTS & ALLERGENS

Medley of Roast Vegetables

Ingredients

Pumpkin

Potato

Zucchini

Cherry tomatoes

Red capsicum

Carrot

Red onion

Cauliflower

Eggplant

Mushrooms

Gravy powder

Allergens

Lactose

MSG



INGREDIENTS & ALLERGENS

Tuscan Chicken Penne

Ingredients

Chicken breast
Penne pasta
Mixed vegetables
Pesto
Cream
Garlic
White wine
Parmesan cheese

Allergens

Gluten
Sulphites
MSG
Lactose
Garlic



INGREDIENTS & ALLERGENS

Penne Carbonara

Ingredients

Bacon
Penne pasta
Mushrooms
Vegetables
Brown onion
Crushed garlic
White wine
Thickened cream
Parmesan cheese
Cornflour (Maize)
Parsley

Allergens

Gluten
Lactose



INGREDIENTS & ALLERGENS

Italian Fennel Sausage Pasta

Ingredients

Pork sausages
Mushrooms
Garlic
Fennel seeds
Crushed tomato
Baby spinach
Parmesan cheese
Pasta

Allergens

Gluten
Garlic
Lactose
Soy
Sulphites



INGREDIENTS & ALLERGENS

Fable Mushroom Ragu

Ingredients

Fable mushrooms

Red onion

Crushed tomato

Baby spinach

Pappardelle pasta

Parmesan cheese

Allergens

Sulphites

Soy

Wheat

Gluten

Lactose



INGREDIENTS & ALLERGENS

Vegetable Curry

Ingredients

Red onion
Crushed garlic
Crushed ginger
Masala spices
Basmati rice
Carrots
Crushed tomato
Turmeric powder
Cauliflower
Jap pumpkin
Cumin
Potato
Green beans
Peas
Baby spinach
Mustard seeds
Chickpeas
Yoghurt
Coriander

Allergens

Garlic
Mustard
Soy
Lactose



INGREDIENTS & ALLERGENS

Butter Chicken

Ingredients

Chicken breast
Crushed tomato
Red onion
Garlic
Masalla
Cashew nuts
Honey
Butter
Cream
Basmati rice
Vegetables

Allergens

Garlic
Nuts
Lactose



INGREDIENTS & ALLERGENS

Sweet and Sour Pork

Ingredients

Pork loin
Garlic
Ginger
Sesame oil
Tomato sauce
Apricot jam
White vinegar
Vegetables
Jasmine rice
Eschallots

Allergens

Sesame
Garlic



INGREDIENTS & ALLERGENS

Beef and Lamb Kofta

Ingredients

Beef mince
Pork mince
Red onion
Garlic
Ginger
Masalla
Cashew nuts
Crushed tomato
Coriander
Mint
Basmati rice

Allergens

Garlic



INGREDIENTS & ALLERGENS

Maple Pork Loin

Ingredients

Pork loin
Maple syrup
Vegetables
Potato
Gravy
Dijon mustard
White vinegar

Allergens

Lactose
MSG
Sulphites



INGREDIENTS & ALLERGENS

Savoury Mince

Ingredients

Beef mince
Brown onion
Garlic
Potato
Gravy
Tomato sauce
Peas
Worcestershire
sauce

Allergens

Garlic
Lactose
MSG
Sulphites
Fish
Gluten



INGREDIENTS & ALLERGENS

Barramundi with lemon & parsley sauce

Ingredients

Barramundi

Butter

Cream

Vegetable stock
powder

Lemon pepper

Lemon

Parsley

Potato

Vegetables

Allergens

Fish

Lactose

MSG

Celery



INGREDIENTS & ALLERGENS

Chunky beef steak pie

Ingredients

Pie shell
Diced beef
Brown onion
Garlic
Gravy
Cornflour
Eggs
Vegetables
Potato

Allergens

Gluten
Lactose
Soy
MSG
Sulphites



INGREDIENTS & ALLERGENS

Sausage rolls

Ingredients

Sausage roll

Peas

Carrots

Allergens

Gluten

Soy

Lactose

Egg



INGREDIENTS & ALLERGENS

Quiche Lorraine

Ingredients

Quiche Shell

Bacon

Brown onion

Garlic

Eggs

Cream

Cheese

Vegetables

Allergens

Gluten

Lactose

Soy

Garlic



INGREDIENTS & ALLERGENS

Vegetarian Quiche

Ingredients

Quiche shells

Eggs

Carrot

Celery

Brown onion

Crushed garlic

Basil

Roasted capsicum

Cherry tomatoes

Pumpkin

Vegetables

Thickened cream

Fetta cheese

Cornflour (Maize)

Allergens

Gluten

Lactose

Soy

Celery

Egg

Lactose



INGREDIENTS & ALLERGENS

Garden Salad

Ingredients

Iceberg lettuce
Cherry tomatoes
Cucumber
Red capsicum
Celery
Green apple
Carrot
Eschallots
Cheese
Croutons
Egg

Options:

Ham
Chicken breast

Allergens

Celery
Lactose
Gluten
Soy
Eggs



INGREDIENTS & ALLERGENS

Sandwiches (assorted)

Ingredients

White bread
Wholemeal bread
Margarine

Roast beef
Horseradish
Lettuce

Egg
Lettuce

Ham
Cheese
Tomato

Allergens

Gluten
Soy
Lactose
Egg
Sulphur dioxide



INGREDIENTS & ALLERGENS

Chicken Caesar Wrap

Ingredients

Chicken Breast

Iceberg lettuce

Bacon

Lemons

Parmesan cheese

Mayonnaise

Crushed garlic

Tortilla

Allergens

Lactose

Gluten

Eggs

Garlic



INGREDIENTS & ALLERGENS

Salad wrap

Ingredients

Beetroot
Iceberg lettuce
Tomato
Red onion
Mesculin
Carrots
Tortilla

Allergens

Gluten



INGREDIENTS & ALLERGENS

Snack box

Ingredients

Cherry tomatoes

Celery

Carrot

Baby cucumber

Carrot

Hummus

Cheese

Jatz biscuits

Option:

Kabana

Allergens

Celery

Sesame

Soy

Lactose

Nuts



INGREDIENTS & ALLERGENS

Pumpkin Soup

Ingredients

Bread roll

Butter

Pumpkin

Brown onion

Celery

Vegetable stock
powder

Carrot

Sweet potato

Potato

Thickened cream

Allergens

Gluten

Lactose

Celery

MSG



INGREDIENTS & ALLERGENS

Pea & Ham Soup

Ingredients

Bread roll
Butter
Brown onion
Celery
Split peas
Ham
Bacon hock
Carrot
Crushed garlic
Chicken stock
powder

Allergens

Gluten
Lactose
Celery
Soy



INGREDIENTS & ALLERGENS

Chicken noodle soup

Ingredients

Chicken
Chicken stock
Brown onion
Carrot
Celery
Corn
Garlic
Spaghetti

Allergens

Gluten
Celery



INGREDIENTS & ALLERGENS

Beef & vegetable Soup

Ingredients

Bread roll
Butter
Beef bones
Brown onion
Celery
Soup mix
Potato
Carrot
Leek

Allergens

Gluten
Lactose
Celery
Soy
Lupin



INGREDIENTS & ALLERGENS

Creamy tomato soup

Ingredients

Bread roll

Butter

Heinz Big Red

Tomato Soup

Cream

Basil

Allergens

Lactose



INGREDIENTS & ALLERGENS

Apple Crumble Cake

Ingredients

Butter
Caster sugar
Self raising flour
Eggs
Vanilla essence
Milk
Dessicated
coconut
Apple
Rolled oats
Custard

Allergens

Lactose
Gluten
Egg



INGREDIENTS & ALLERGENS

Passionfruit Cheesecake

Ingredients

Butter
Arrowroot biscuit
GF
Gingernut biscuit
GF
Cream cheese
Passionfruit pulp
Cream
Caster sugar
Vanilla essence
Lemon
Cornflour
Berry coulis

Allergens

Lactose
Soy



INGREDIENTS & ALLERGENS

Trio of Mousse

Ingredients

Nestle Mousse
(Chocolate,
Caramel &
Vanilla)

Thickened cream
Milk

Chocolate melts
(White & dark)

Allergens

Lactose
Soy
Sulphites



INGREDIENTS & ALLERGENS

Pavlova

Ingredients

Pavlova shells
Strawberries
Kiwifruit
Cream
Berry coulis

Allergens

Egg
Lactose



INGREDIENTS & ALLERGENS

Curried beef mince pie

Ingredients

Beef Mince
Pie Shell
Brown onion
Garlic
Gravy
Curry Powder
Eggs
Vegetables
Potato Mash

Allergens

Gluten
Lactose
Soy
MSG
Sulphites



INGREDIENTS & ALLERGENS

Ingredients

Allergens